



Your Guide to Taking the Health Assessment

Get Fit, Rhode Island!

Completing the Health Assessment takes only minutes. Feedback is provided instantly, and the results will help to put you on a path to better health!

These instructions are designed for those who have not yet registered at myuhc.com. If you have previously logged on to the site, follow steps 3 – 6.

Be sure to print out the results page and submit the top portion of the cover page to your Wellness Champion. Everyone who fills out the assessment will receive a Get Fit, Rhode Island! item. (If your department does not have a Wellness Champion, please send the top portion of the cover page of your results, with your contact information, by interoffice mail to Anne Marie Connolly at URI, Office of Human Resources Administration, Kingston and she will send one to you.) If you are using a public computer, be sure to log off once you have printed out your results.

1. Go to **www.myuhc.com**
2. If you have not yet registered at myuhc.com, click on the “**Register Now**” link on the right hand side of the page. You will be asked for your social security number and date of birth. You may also register using your medical ID card by using the “Register with ID card information” link during registration.
3. Once you have successfully logged-in to myuhc.com, open the “**Health Topics and Tools**” menu at the top-left of the page and click “**Assess & Improve Your Health.**”
4. Review this page and click “**Launch Health Assessment & Improvement.**” This will open the program automatically.
5. To begin, click “**Health Assessment**” on the program home page. There are 50 questions.

If there are questions that you do not know the answers to, leave them blank. If you need assistance, click the Help link to speak with an expert.

6. When finished, you will receive feedback about your health, including a health assessment score, along with recommendations on how to improve your overall health.

If you don't have access to a computer, public libraries around the state have computers with web access. You may also ask your supervisor about using a computer to complete the Health Assessment.